

Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1 - 6 (canceled).

Claim 7 (currently amended) A method for irreversibly binding a plurality of sheets together, comprising:

11

(i) superimposing a sheet having an adhesive strip comprising an adhesive element selected from the group consisting of a glue and a two-sided tape, wherein the tape is adhesive on both surfaces, along at least one of its edges, and a silicone material band, releasably placed on said glue or adhesive tape strip and having at least a portion not coupled to said glue or adhesive tape strip, such that the uncoupled portion may be used to grasp the silicone band during its removal over a second sheet;

(ii) grasping the uncoupled portion of the silicone band; and
112
(iii) pulling the uncoupled portion of the silicone band while said first and
second sheets are superimposed so as to uncover the glue or adhesive tape strip and thereby irreversibly bind the two sheets together.

Claims 8-18 (canceled)

Claim 19 (currently amended) A method for irreversibly binding sheets together, comprising:

(i) superimposing a plurality of sheets, each having an adhesive strip along at least one of its edges and a silicone material band, releasably placed on said adhesive strip and having a portion uncoupled to the adhesive strip and extending beyond the sheet, such that the adhesive strips of successive sheets are superimposed;

(ii) grasping the uncoupled portion of the silicone bands extending from the successive sheets; and

(iii) pulling the uncoupled portion of the silicone bands while said plurality of sheets are superimposed so as to remove the silicone bands and uncover the adhesive strips, thereby irreversibly binding successive sheets together.

Claim 20 (previously presented) The method of claim 19, further comprising binding the plurality of sheets to at least one sheet that does not have an adhesive strip.

Claim 21 (previously presented) The method of claim 19, wherein the sheets to be bound include a binding cover.
